



Photos provided courtesy of Florida Gulf Coast University

"We feel the EIM program as a whole has made a big impact (in a rather unassuming way) on campus-wide initiatives and helped to promote a change in thinking - a healthier and more "wellness-focused" mind-set across the college."
- Salt Lake Community College, 2024 Gold-level campus

Exercise is Medicine On Campus Action Guide

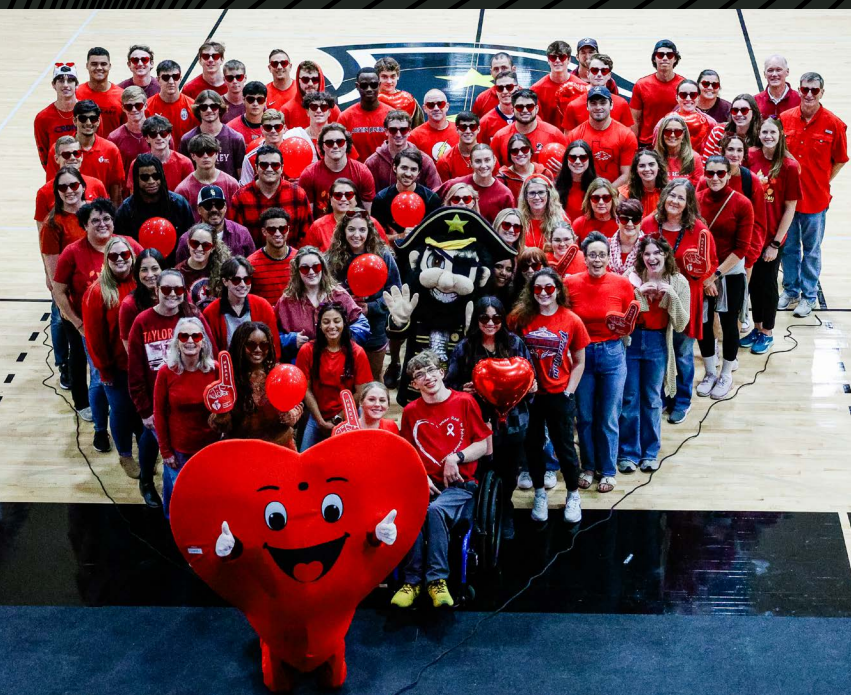


Photo provided courtesy of Southwestern University

"Exercise really is medicine and is a great tool for living a healthy life of balance of work and play."
- University of Toledo, 2024 Gold-level campus

ACSM
EXERCISE IS
MEDICINE®
On Campus

Exercise is Medicine On Campus Action Guide

As an Exercise is Medicine® On Campus (EIM-OC) team, you play a major role in ensuring the success of the program on your campus. The time and effort you commit to make movement a part of daily campus culture will benefit students the rest of their lives. You'll also nurture future leaders who will advance a key tenet of Exercise is Medicine – to make physical activity assessment and promotion a standard in health care.

This guide is designed to provide basic information to start your EIM-OC program. It includes background information about EIM and EIM-OC as well as details on how to create your EIM-OC leadership team. You should be familiar with the material in this guide to most effectively develop your leadership team and student participants.

EIM On Campus

The Mission

EIM On Campus (EIM-OC) fosters collaborative relationships and leadership on college and university campuses among exercise, health and other disciplines that support the EIM-OC vision and goals.

The Vision

To see all campus and community members across multiple disciplines discover, share and adopt the principles of EIM that will help change the culture of physical activity and chronic disease prevention and management campus wide.

Exercise is Medicine® aims to make physical activity assessment and promotion a standard in clinical care, connecting health care with evidence-based physical activity resources for people everywhere and of all abilities. The university/college setting is a microcosm that can help to educate and inspire students, faculty and staff to work together to promote physical activity on campus and within health care settings.

Nearly half of U.S. adults (46 percent) do not engage in the recommended 150 minutes of moderate-intensity physical activity per week,¹ and the spring 2018 report from Healthy Campus 2020 indicates that only 46.2 percent of college students reported meeting the physical activity guidelines. The same report also noted that 22.1 percent of respondents had anxiety, 32.9 percent had sleep difficulties, and 32.2 percent had stress that affected academic performance.² Data on the benefits of physical activity on chronic diseases, such as type 2 diabetes, obesity and cardiovascular disease is strong.³ Although research focused solely on physical activity in the college or university setting is limited, available data demonstrate a small, positive relationship between physical activity and academic success.^{4,5,6} Physical activity can also reduce stress and anxiety in college students.^{7,8} It is important for colleges and universities to use physical activity interventions to impact sedentary behavior, reduce barriers to exercise and motivate students to begin or continue a physical activity program.

What is EIM On Campus?

EIM-OC calls upon universities and colleges to promote physical activity as a vital sign of health and activate EIM within their unique environments. Our goal is for every student to graduate with better health and fitness than when they began, to become knowledgeable and passionate advocates for the benefits of regular physical activity, and to work toward the systematic assessment and promotion of physical activity within health care.

EIM On Campus Global

The EIM On Campus program is not limited to campuses in the United States. All universities and colleges around the world are encouraged to participate in EIM On Campus. If your country has an EIM National Center, check to see if they have an EIM On Campus program and register with them. If your country does not have an EIM National Center or the National Center does not have an active EIM-OC program, register with the [EIM Global Center](#). (Not sure if your country has an EIM National Center? Check out our [EIM Global Directory](#).) Campuses will need to be registered at the global level to be eligible for recognition.

Why should your campus participate?

Establishing an EIM-OC program at your school encourages faculty, staff and students to work together to improve the health and well-being of the campus community. The program helps all students understand the connection between exercise, health and academic success, as well as provides hands-on, experiential learning. These are just a few of the ways universities and colleges have benefited from participating in EIM-OC.

Golden Insights: 3 Reflections from a Top-Tier Community College

- 1. Getting buy-in from stakeholders is a challenge. We have had to demonstrate the value of the program and how it can benefit students and add to the overall mission/vision or objectives of the institution.*
- 2. As a community college that offers 2-year associate degree programs, maintaining momentum within the student body population is an ever-standing challenge with the quick turnover.*
- 3. The impact of our program is great even though it affects a small number of students.*

A Step-by-Step Guide to Create your EIM-OC Program

Step 1: Determine if EIM has been implemented on your campus

A list of currently registered campuses can be found on the EIM website. If your school is already registered, contact the advisor to see how you can get involved. Can't locate the advisor? Contact eim@acsm.org to find out!

Step 2: Identify and develop your EIM-OC leadership team

Your leadership team is the heart of the EIM-OC initiative. A strong leadership team is necessary to create structure and foundation for successful implementation on your campus!

The following members are required as part of your EIM-OC team:

- **Advisor:** The advisor provides structure and guidance for the program and must be faculty or staff. The advisor can be from any department on campus. Faculty members from health-related fields like exercise physiology, kinesiology or public health may be able to provide specific guidance on how to implement EIM on your campus. Must be an ACSM National member in good standing.
- **Health Care Professional:** With EIM's primary goal of integrating physical activity into the health care system, a health care professional will provide your team with invaluable insight and guidance. Health care professionals can be recruited from your student health care center, medical school or local health care providers. A licensed medical professional is required (i.e., physician, nurse practitioner, licensed mental health counselor, etc.). It is highly recommended but not required that they are a National ACSM member.
- **Health Fitness Professional:** The health fitness professional has the knowledge, skills and abilities to provide safe and effective exercise prescriptions based upon the needs and goals of clients. These individuals often provide leadership at your campus recreation center or within the exercise department. This professional should have a terminal degree in exercise physiology (or a closely related field) or current [NCCA](#) or [ANSI/ISO 17204-accredited](#) fitness certification(s). It is highly recommended but not required that they are a National ACSM member.
- **Student Representatives:** At least two (2) current students must be included as part of your EIM-OC leadership team. While the leadership roles of the student leaders may vary from campus to campus, it is essential that students serve as leaders who will be able to represent the student voice on campus. Must be an ACSM National Student member in good standing. ACSM National membership options can be found [here](#). Please allow up to 1 business day for your member status to go through.

Step 3: Register your EIM On Campus program

Once you have established your EIM-OC Leadership Team, complete the [registration form](#) on the EIM website to officially register your college or university. You will be asked to provide the names, titles/positions, contact information, and ACSM National membership ID (if applicable) for those on your leadership team. The application will be sent to the EIM Global Center for review and approval. This process will take 5-7 business days. Upon approval, you will receive a confirmation email that will include details on how to get started on your campus.

Baldwin Wallace University – “A young professor and 2 now alumnae saw an opportunity to bring EIM-OC to campus and leapt at it! The three of them started small, put together a leadership team, and laid the foundation for where the program currently sits.”

University of Toledo – “Our Exercise is Medicine on Campus program is a cross-campus collaboration with Recreational Services, Rocket Health program (comprehensive, integrated health and wellness services), and the Exercise Science department. Working collaboratively with leaders in those areas was our best tool to get such an important initiative started on our campus.”

Step 4: Develop campus support

After registering your EIM-OC program, your next step is to develop an activation plan. How will you increase physical activity on campus? How will you connect with student health services? How will you build support on campus, encouraging and celebrating EIM and its beneficial impacts? Here are several campus stakeholders who can be an extended part of your EIM team to help develop and implement an effective EIM program.

Administration:

University administration can support the initiative in many ways. They can assist in the smooth and efficient operation of the program on your campus. They may also help in funding efforts and facilitate connections with relevant on-campus and outside organizations.

Academic Departments:

Academic departments and their faculty can provide expertise in many areas including the development of educational materials, workshops and data collection for research related to your EIM-OC program. Academic departments can assist with educational efforts both on campus and in the community and help to develop student leaders within EIM.

Campus Communications and Marketing Department:

Your college/university communication and marketing department can serve as a great resource for your EIM-OC program, providing expertise and guidance on communication vehicles and campus marketing strategies. Students can help move these strategies forward, such as drafting press releases or event announcements and using social media to spread the word throughout campus.

Campus Health Care Providers:

In addition to serving as an integral part of the EIM initiative by implementing EIM within campus clinical services, campus health care providers can serve as a resource for educational activities, awareness and promotion of the program in their clinics, participating in EIM events and activating EIM in their own practices.

Campus Recreation:

The campus recreation center can be utilized as a location for education, activities, promotional events for EIM-OC initiatives and a site for the EIM referral process from student health services.

Student Clubs and Administrative Groups:

Student clubs and administrative groups can market EIM program activities throughout your campus. Campus housing and fraternity and sorority groups hold regular programming for large audiences. These organizations can amplify your promotional efforts and help recruit new members to your EIM-OC team. On-campus clubs and groups can also develop their own creative spin to promote physical activity within their unique areas, spreading EIM to a wider, more diverse audience.

Students:

Students are a primary target population for the EIM initiative (in addition to campus staff) and can also serve as program advocates. Students are role models to others around them and can promote physical activity to their peers. They can help lead awareness and fundraising events, as well as participate in community outreach programs. Student may become future health care and fitness professionals and will bring the knowledge and values of EIM into their future practices. They are the champions of the EIM-OC movement!

Step 5: Implement EIM On Campus

After you've registered your campus and developed support, it's time to start promoting awareness and hosting events! Need ideas for your campus? Here are a few that can easily be adapted and implemented by most EIM-OC programs:

Physical Activity Awareness and Promotion

- Create pledge campaigns where students sign up to show their commitment to EIM, participate in physical activity challenges and spread the initiative throughout campus.

- Post signs/bulletins that encourage students, faculty and staff to use active modes of transportation like walking and biking across campus or to take the stairs versus the elevator/escalator.
- Create interactive social groups that promote physical activity.
- Seek out campus organizations aligned with the mission of EIM to conduct presentations about the EIM initiative, benefits of physical activity and the [2018 Physical Activity Guidelines](#).
- Host a campus-wide activity day and invite students to participate in a variety of fun physical activity events or challenges.
- Get involved with student health fairs and/or campus student fairs as a way to promote the EIM principles.

Boost Employee Physical Activity Engagement in the Summer! The University of Toledo does an event in the summer called the Walk for Wellness challenge. Participants of the challenge can take part in monthly 1-mile group walks and track individual walks that are longer than 15 minutes. Each week that the employee logs at least 3 walks, they receive 1 entry into the raffle. At the conclusion of the challenge, 4 winners are selected to receive free prizes. The university has seen great success in offering small group workshops/ challenges to encourage movement over the summer breaks.

EIM Educational Activities

- Provide safety education to empower students and campus members to demonstrate that physical activity can be both safe and enjoyable; utilize the Rx for Health series patient handouts.
- Hold workshops or seminars to educate students on the physical, psychological and emotional benefits of being physically active.
- Work with academic departments (i.e., Exercise Physiology) to add units on EIM to their curriculum.
- Host presentations and workshops in the community to educate individuals on EIM.
- Educate health care professionals on EIM and how the EIM Solution can be implemented in their practice (see the EIM Health Care Providers' Action Guide).

Implement the EIM Solution in Your Campus Health Care System

- Encourage your campus health care center to assess physical activity as a vital sign at every patient visit and determine whether a patient is meeting the [2018 Physical Activity Guidelines](#) for Americans:

Physical Activity Vital Sign (PAVS):

1. On average, how many days per week do you engage in moderate to strenuous exercise (like a brisk walk) _____ days
2. On average, how many minutes do you engage in exercise at this level? _____ minutes

Total minutes per week of physical activity (multiply #1 by #2)

_____ minutes per week

- Provide the [EIM Prescription Form](#) for your health care providers to write exercise prescriptions for their patients.
- Work with your health care providers to assist them in referring their patients to on-campus physical activity resources and programs.
- Develop campus resources and programs that can receive exercise referrals from health care providers and utilize the [EIM Exercise Professionals' Action Guide](#) to implement EIM in a community fitness setting.

Funding Available Through the Barry and Linda Franklin EIM-On Campus Microgrant Program

“The microgrant is a small sum of money, but its value is greater than its number in our experience. This funding has allowed our team to evaluate our ongoing work and make improvements that will enhance the student experience.”

– Royal College of Surgeons in Ireland, 2023 Franklin EIM-OC Microgrant Awardee

“The Franklin EIM-OC Microgrant funding will help us add to our existing portfolio of programs but will more importantly allow us to help our student body”

– Baldwin Wallace University, 2024 Franklin EIM-OC Microgrant Awardee

- Three program grants are available to help campuses develop, execute, and evaluate EIM-OC programs.
- The Franklin microgrants are meant to defray the costs of conducting EIM interventions, performing high-quality data collection and analysis of EIM programming.
- The ACSM Foundation awards one (1) \$500, one (1) \$750, and one (1) \$1,250 program grant, annually.
- To learn more check out the [EIM-OC Franklin Microgrant](#) webpage.

Step 6: Promote your EIM On Campus program

Celebrate Every Achievement: Each Level of Recognition Matters!

“We strive to offer programming that meets the current needs of the BW community. Some years, that means offering programming that helped us earn Silver status. In other years, it meant offering programming that led to Bronze status.”

– Baldwin Wallace University

EIM On Campus Renewal and Recognition Program

EIM-OC registration is active for two years. A formal renewal process will occur in January/February for already registered campuses. Renewal years will be 2024, 2026, 2028 and 2030.

Programs must complete the renewal application to report who is currently on the EIM-OC leadership team and share feedback. Students and faculty on the leadership team may change within the two-year timeframe as students graduate or faculty change employment. If the changes occur outside 6 months of a renewal period, a member of the leadership team needs to fill out the [Updated Leadership Team form](#).

When your campus initially registers the EIM Global center will let you know when your campus is due for renewal.

The recognition process is an optional extension of the renewal process. It provides an opportunity to acknowledge and award the efforts your EIM-OC team has made over the two-year period to promote and implement EIM on your campus. ACSM may ask to share stories from your institution.

You can apply for one of three levels of recognition: Gold, Silver or Bronze.

In order to be considered for Gold, Silver, or Bronze level, documentation is required. Be prepared to submit photos, flyers, screenshots of exercise is medicine referrals, etc. The [EIM-OC Recognition Level guide](#) outlines the requirements for each level in more detail.

“The most important aspect is not merely completing all the actions required for accreditation. It is essential to maintain a thorough record of all activities conducted by the institution to demonstrate its genuine commitment to EIM-OC.”

– Universidad Europea de Madrid, 2024 Gold-level campus

The EIM recognition level you earn will depend upon your institution's level of implementation. As your level of engagement increases, so does the recognition earned. Each institution must apply for recognition biennially to receive Gold, Silver, or Bronze status for the previous year's EIM-OC efforts.

Utilize Social Media

Social media is a great tool to learn what other schools do for EIM-OC and to promote and grow your own school's activities.

Once your school is a registered EIM-OC campus, we highly recommend making an Instagram and Facebook with the handle @EIMOC_schoolname.

When posting content be sure to use the hashtag #EIMOC and tag ACSM to engage with the EIM-OC community and have the potential to get reshared.

Follow these ACSM social media accounts to stay connected with the latest information related to EIM-OC:

- [Exercise is Medicine](#) on Facebook
- [acsm1954](#) on Instagram
- [@EIMNews](#) on Twitter/X
- [@ACSM1954](#) on TikTok

We acknowledge that it can be overwhelming to upkeep multiple different social media platforms. While we encourage you to follow ACSM on all of the platforms your school has, EIM-OC communication is shared across multiple media platforms ([EIM-OC website](#) and leadership team email list included) to reach you where you are.

Engage the Media

Connect with the appropriate contacts for your campus newspaper, radio and television programs. Find out their deadlines to share information about your activities and events. Don't have campus media? Consider contacting local newspaper, radio and television stations to help raise awareness about physical activity and to promote your activities. Consult with your campus communications department before engaging with local media. They likely have contacts and can assist your efforts.

EIM-OC Style Guide

As part of its overall rebrand, ACSM has updated the identity for Exercise is Medicine. Please refer to [this style guide](#) for proper use of the [new logo](#).

EIM On Campus Calendar at a Glance

Because EIM-OC works with students, many activities follow the academic year calendar. Typically, EIM-OC programs do not meet or host activities during summer months. This often leaves just eight months during the year to be active and involved in campus and community activities. This makes effective leadership and organization even more important. Following is a month-by-month breakdown of basic activities that occur during the year. This listing is generic and should be tailored to your campus.

August-September

*“Really promoting the theme helped us with getting 3rd place in the 2023 challenge.”
– Florida Gulf Coast University*

- Recruit Members: With new students entering college, this is an ideal time to recruit new members. Most students are searching for an opportunity to join a worthwhile organization.
- Set the Calendar: Your EIM-OC leadership team should establish a calendar of events for the entire year. This calendar should include EIM-OC meetings, campus activities and events, and EIM-OC global events. Make sure to distribute to all EIM-OC members.
- Franklin Microgrant: Barry and Linda Franklin EIM-OC Microgrant application cycle opens up in early September.
- Mascot Challenge: The [mascot challenge](#) submission cycle will open up mid-August.

October

- EIM-OC Month: This is your chance to promote physical activity and celebrate the EIM movement across your campus. EIM Global center orchestrates a president proclamation to declare October EIM-OC month, co-hosts the annual EIM-OC walking challenge with Michigan State University, runs a webinar to showcase previous Franklin Microgrant awardees, and holds Mascot Challenge voting and the final results announcement all in October. The blueprint on how to participate in EIM-OC month has already been built! It is encouraged to add events on top of the outline that EIM-OC global has that are catered toward your campuses unique environment.

November

- Franklin Microgrant Applications Close: Barry and Linda Franklin EIM-OC Microgrant applications are due.

January-February

- EIM-OC Recognition and Renewal: All registered campuses are required to renew their campus with the EIM Global Center every two years. Each EIM-OC campus is eligible to apply for EIM-OC Recognition every two years too. This biennial award honors campuses for their efforts to create a culture of wellness.

March-April

Franklin Microgrant: Barry and Linda Franklin EIM-OC Microgrant awardees for that year will be announced.

May-June

ACSM Annual Meeting: Attend ACSM's Annual Meeting and learn ways to implement EIM on campus and throughout your community. During recognition years, you'll also have an opportunity to attend the EIM-OC recognition ceremony to be recognized as a Gold, Silver or Bronze level campus if your campus was awarded recognition.

Webinars will be hosted quarterly. Be on the lookout for the announcements and registrations throughout the year.

Florida Gulf Coast University

2024 Gold Level Campus

Enrollment: 16,004 students

3rd Place in 2023 Mascot Challenge

Florida Gulf Coast University (FGCU) launched EIM-OC in 2015-16 with key stakeholders in the exercise science program, campus recreation, and student health services. Unique to FGCU's beginning, PAVS was a part of the program at the start, a physical activity question has been included in the student health services EMR since program inception. Over time the referral network expanded to include counseling and psychological services, the center for academic achievement and the prevention and wellness department.

Recently, a self-referral option was added in the form of a QR code found on EIM-OC flyers across campus. FGCU EIM-OC offers free physical activity consultations, assessments, a personal training session and student mentors to those participating in the research arm of the program. Other programming events include an EIM-OC week, fall and spring events (health benefits fair for employees, EIM-OC bingo, etc.), ongoing EIM-OC sponsored events/tabling, and an EIM-OC mentor program.

Three valuable insights FGCU wants to pass on to the next generation of schools:

1. Maintaining relationships with their current funder (University Recreation and Wellness department) is crucial. Especially with how difficult it can be to find funding.
2. Collaborations with health partners on campus are the backbone to their program.
3. While they have some upper administrative support, more is needed to get a better reach.

The program's impact on EIM-OC student leaders and the entire student population is immeasurable. It has even empowered undergraduate students to get involved with research. An undergraduate student won an institution award and is planning to publish her findings relating EIM-OC to changes in PA self-efficacy. Pursuing research at this level positions the students strongly for their future. FGCU EIM-OC has maintained their Gold-level recognition for many years and are always looking for improvement to better serve their student population, through quality of programming and achieving an expanded reach.

RCSI University of Medicine and Health Sciences

2024 Silver Level Campus

Enrollment: 4,500 students

2023 Franklin EIM-OC Microgrant Awardee

RCSI University of Medicine and Health Sciences launched their program in 2018 with four key stakeholders:

- Prof. Suzanne McDonough - Head of School of Physiotherapy,
- Dhruv Jivan – Student,
- David Harris - Sports Centre Manager, and
- Brid Mahon & Yvette Moffatt - Inspire Staff (a wellbeing program).

The diverse campus backgrounds of the EIM-OC leadership team have fostered collaboration focused on student needs, effectively avoiding overlap with campus programs and initiatives. This teamwork approach has enabled resources to be used maximally for EIM-OC. A centralized calendar of campaigns and events at RCSI University of Medicine and Health Sciences is created every year to give to the campus.

Amongst the leadership team are the two student representatives. While these positions see new faces every 1-2 years the experience that these students get is significant. They learn about hosting meetings, governance, finance, health and safety, and relationship building. The students who earn their spot on the leadership team are getting experiences that are a huge asset to their future careers.

RCSI University of Medicine and Health Sciences has learned key lessons on advancing from Bronze- to Silver-level recognition within their institution's environment. One of them being if an event or campaign worked well, there is no need to replace it with something different for the sake of doing something new. At most refine the process to improve, don't try to reinvent the wheel. Another aspect that helped them was to have defined areas of focus within their capacity. This has allowed them to have the greatest positive impact on the projected targeted audience which in return results in them achieving goals and milestones like an advanced recognition achievement.

RCSI University of Medicine and Health Sciences has developed their EIM-OC program to be synergistic with the institution's different departments working towards one common goal. This defined approach led them to receiving microgrant funding, being awarded recognition (advancing through the levels too) for multiple years and having a consistent impact on their student body.

Southwestern University

2024 Silver Level Campus

Enrollment: 1,500 students

Southwestern University's (SU) program has been student driven from the start in 2019. It was created by a group of students who were Kinesiology majors who were interested in forming a student organization. They learned of the initiative in class and took it upon themselves to develop the leadership team and the student organization constitution and bylaws. Surprising to no one, the student leaders are incredibly passionate about their leadership roles and involvement which has led to the success of their EIM-OC program.

Since Covid, SU has taken a holistic approach to their programming. The definition of health, a state of complete physical, mental and social well-being and not merely the absence of disease (WHO, 1948), has become the foundation of their programming. A pioneering partnership came from their holistic approach of health with American Heart Association (AHA) in 2024. This was a collaborative partnership between SU's EIM-OC program, AHA, SU Athletics, SU's Student Health and Counseling, and SU's Outdoor Adventures and Aramark. These partnerships established a month centered around promoting heart health where 5 events were organized, students provided Hands Only CPR demonstrations and training, and SU's student body volunteered at AHA's Go Red for Women Luncheon and Heart Ball.

The innovative approach to their programming is seen across all of their events. Another example being the group identified a lack of adaptive exercise equipment in their campus recreation facility. They applied for a campus SAFE grant and were funded to purchase the SciFit Premium Pro. This was the first piece of adaptive equipment to be provided to the campus community. More programming SU implements is embedding the EIM concepts within their Kinesiology department and courses including Health and Fitness Concept, Psychosocial Aspects of Physical Activity, and Exercise Prescription and Health Promotion and Programming. They also host guest speakers from various graduate programs and professional fields to discuss how these fields help promote health along with requirements for these various pathways.

At a 1,500-enrollment level, SU is proactive and intuitive with their EIM-OC program, they look at what they can do with their resources and not what they cannot do. They have learned along the way to collaborate and build partnerships with other programs, student organizations, and departments. There is power in numbers. SU knows the importance of planning events in advance. The leadership team plans out events prior to each term and delegates leads for each one. Kinesiology faculty provide support but allow the students to guide event ideas and programming processes. SU has a lot to take pride in!

Universidad Europea de Madrid

2024 Gold Level Campus

Enrollment: 19,423 students

The Universidad Europea de Madrid originally heard about the global EIM-OC program through EIM Spain's principal contact, Jose Antonio Casajus. The EIM-OC group developed shortly after hearing the core values of the program. It is highly noted that the entire community has embraced physical exercise as an essential part of the University's identity, and the EIM-OC recognition program has played a significant role in that shift. The recognition is discussed in their undergraduate and postgraduate programs, which permits the continuation of the program as core people graduate and are replaced. Expansion is always on the horizon as well with more people hearing about the initiative.

They have learned a lot of valuable lessons over the years. Centralized communication between one designated person from the health department and the sports science department has been crucial to the well-being of the programming. There has been a surplus of positive feedback from the university community on the exercise programming they receive. This has catapulted the continuation and advancement of the group. However, they do note that a big challenge is ensuring there is adequate support and confidence from the institution's leaders to implement exercise initiatives. The support is crucial and given, to a degree, yet a continued challenge.

This institution's program is backed by their own research. A recent piece of work was published from this group titled, "Remotely Supervised Exercise During the COVID-19 Pandemic Versus In-Person-Supervised Exercise in Achieving Long-Term Adherence to a Healthy Lifestyle." The results concluded that despite the lockdown and the mobility restrictions caused by the COVID-19 pandemic, their remote intervention performed on university employees achieved adherence to a healthier lifestyle and improved their health-related quality of life (HRQOL). This research has continued the momentum of exercise interventions post COVID as they continue to achieve Gold-level status and offer exercise programming, more diversified than pre-COVID with their remote opportunities.

CONGRATULATIONS!

You and your campus have taken the first steps in bringing the mission and vision of Exercise is Medicine On Campus to your institution.

From the Exercise is Medicine® team, we thank you for your commitment to promoting the importance of physical activity and for being an advocate in making exercise an integral part of health and daily life.

Appendix – EIM Resources

Here is a list of some resources EIM provides to their partners. These could be helpful in your recreational center, student health center or around campus!

- [EIM-OC Webinar Series](#): The EIM On Campus Committee launched a webinar series to help registered schools develop and implement their EIM On Campus program. A variety of topics will be covered in every new webinar released to best equip schools with tools and strategies for increasing the promotion of physical activity on their campus. Within this series there is an annual webinar for the previous year's Franklin Microgrant awardees where they discuss their goals, methodology, and results!
- [Rx for Health Series](#): Exercise is Medicine® created the Rx for Health series to provide essential guidelines on exercise for sedentary individuals and those with various chronic diseases and medical conditions. These handouts are designed to be used by health care providers and exercise professionals to support physical activity recommendations to patients/clients.
- [Health Care Providers' Action Guide](#): This Action Guide is a simple and effective tool to help student health or any health care provider prescribe physical activity in the right "dosage."
- [Exercise Professionals' Action Guide](#): This Action Guide provides exercise professionals with a blueprint for how to work effectively with physicians and other health care providers to use physical activity, in the correct "dosage," as an effective patient care "prescription."
- [Exercise is Medicine Prescription Form](#): This form is to be used by campus health to recommend physical activity to a client/patient.
- [Patient Initial Assessment Form](#): This is a great resource for the recreational center to use when a client is referred from campus health.
- [Patient Fitness Progress Report](#): Continued fitness training could take advantage of this resource to track client progress.

- [Exercise Preparticipation Health Screening Questionnaire](#): Used by exercise professionals to assess a client's needs.
- [Health History Questionnaire](#): Used by exercise professionals to obtain information about a client's health history.
- [Fitness Assessment Data Sheet](#): Modify this template to reflect the assessments that your recreational center typically provides.
- [Informed Consent for Fitness Training](#)

Appendix – References

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